



Marsh Musings

Winter 2010

Volume 0410

YOUR Membership is a Key Element to Our Successes

When YOU make the decision to become a member of FOHR, you become a vital part of a winning team! The size of our membership base makes a big difference in how our organization is viewed by granting organizations when we are looking for funding to implement new projects and programs.



If you are already a member, thank you, if not, see our application on page 15 of this newsletter.



If you are already a volunteer, thank you; if you would like to volunteer, call the refuge at 215-365-3118, or email us info@friendsofheinzrefuge.org.



If you would like to receive our monthly e-bulletin news updates and special events, email us info@friendsofheinzrefuge.org.

Thanks for being a "Friend"!

FOHR Wins Large Grant ~ Will Partner With Kindergarten Students to Create a Model Pollinator Habitat on the Refuge

Utilizing a grant of almost \$10,000 from the National Fish & Wildlife Foundation, FOHR will partner with kindergarten teacher, Chuck Lafferty, and his students from the Longstreth Elementary School in west Philadelphia, to develop a half acre "pollinator" landscape on the refuge.

The landscape, which will contain only native species plants, was designed specially for our project by Penn State Master Gardeners, Joseph Leonardo and Cecily Kihn. When completed, the pollinator landscape will become a model for both homeowners, and educators who wish to develop a beautiful pollinator friendly landscape of their own. The Master Gardeners have also developed a wonderful resource base as part of their work on our behalf, and this resource base will be made available to all interested parties.



The goals of project are (1) to increase pollinator habitat while teaching students, and their families about the important role that pollinators (which are vanishing at an alarming rate) play in the food chain; (2) to investigate and record climate change parameters; (3) to help inner

city students develop a sense of understanding, stewardship and ownership of the natural world; and (4) to provide a thought stimu-

lating, hands on method of helping to children and their families to embrace the FWS national priority of "Connecting People With Nature"

Other partners in the project include the National Wildlife Federation, US fish & Wildlife Service, and the Pennsylvania Horticultural Society. ***Stay tuned for project updates as they occur!!***

FOHR BOARD MEETINGS : The public is always welcome to attend Board Meetings, which are at 6:30 pm in the small building on the opposite side of the parking lot from the Cusano Center ~ 4th Tuesday of the Month.



Marsh Musings

A quarterly publication of the Friends of the Heinz Wildlife Refuge at Tinicum

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The Friends of the Heinz Wildlife Refuge at Tinicum is a non-profit cooperating association founded in 1997 to assist the U. S. Fish & Wildlife Service in carrying out its educational, interpretive, and public use missions.

8601 Lindbergh Boulevard
 Philadelphia, PA 19153

www.friendsofheinzrefuge.org

**TO TUNE IN FOR THE
 LATEST NEWS,**

**YOU CAN NOW FIND US
 ON FACEBOOK!!**

Everyone Had Such Fun At Our Cradle of Birding Festival!

More than 1,300 people came out on a beautiful, late summer day, on Saturday, Sept. 18 to the John Heinz National Wildlife Refuge at Tinicum for the annual "Cradle of Birding" Wildlife and Conservation Festival. There were dozens of wildlife exhibitors, live animal shows, nature photography workshops, fly tying, archery, retriever dog trials, all levels of birding.... and even free hotdogs! Sponsored by the U.S. Fish & Wildlife Service and Friends of the Heinz Refuge, the Festival was truly a great day for so many people from the greater Philadelphia area to get outside and connect with nature.



Photo
 By:

Ned
 Connelly

The day started off with Pennsylvania State Representative, Greg Vitale, extolling the need to protect habitat and species and concerns about issues such a climate change. He also pointed out how the refuge serves as an amazing natural resource amid such an urban setting.

Many visitors enjoyed guided open air tram tours of the refuge while others took part in dozens of conservation exhibits both inside and out on the decks of the Visitor's Center to learn about wild-

life, optical equipment, woodcarving, bird banding, and all facets of the natural world.

The Friends of the Heinz Refuge Photo Group presented awards for their 10th annual Nature Photo Contest. Adult, teen, and children's age categories were recognized. The Photo Group also introduced their new Traveling Exhibit.

The keynote speaker was former president of the Delaware Valley Ornithological Club, Adrian Binns. Adrian has been an avid birder most of his life and leads birding trips around the globe.

Refuge Manager, Gary Stolz, who created and coordinates the annual festival said, "Each year this event seems to draw more and more visitors. I cannot say enough to thank refuge staff and volunteers for all the enthusiasm and dedicated work that they put forth to make it all come together. This is truly a wonderful way to have the people of the area connect with nature and discover the jewel they have in view of the skyscrapers of Philadelphia."



Fly- Tying Photo by Frank Doyle

The official registration and financial information of the Friends of the Heinz Refuge at Tinicum may be obtained from the Pennsylvania Department of State by calling toll-free within Pennsylvania,

1-800-732-0999.

With Thanks to Our Volunteers Backbone of the Refuge Workforce!!!

"Volunteers are the backbone of our refuge workforce, contributing thousands of hours towards conservation programs every year," says refuge manager, Gary Stolz.

Let's take a moment here to consider, and be thankful for, the wide scope of programs and projects which volunteers make possible every year at the refuge.

First, there are the volunteer naturalists and birders who are walk leaders; on hand every weekend, 52 weeks a year, willingly sharing their expertise with both newcomers and regular visitors alike, and regardless of the weather.

Then there are those volunteers who can be counted upon to facilitate several refuge events over the span of any year. This includes, our annual Groundhog Day Festival, Darby Creek Cleanup Day, International Migratory Bird Day, Family Fishing Days, The Cradle of Birding Festival, and National Wildlife Refuge Week events to name a few.

Other volunteers work as trail tamers—working in all kinds of weather—to keep our trails clear, to help with invasive plant species removal, and to help re-establish and protect native species plants, among other things.

Still other volunteers help out in our nature store "Tinicum Treasures"; sales from which, in

turn, generate income to help fund refuge projects, and programs.



Frequently you will find volunteers greeting visitors while staffing the reception desk in the refuge visitor center.

Volunteers have formed a Photo Group which documents refuge events, staffs summer camps, mentors students, and, through their "traveling exhibit" helps to spread the word about the wonders to be found at the Heinz Refuge.

Last, but not least, there are the members of the FOHR board of directors who work tirelessly behind the scenes on educational projects, developing outreach strategies through their website and Facebook, and finding funding for new refuge projects.



But volunteering is not just about giving!! It is safe to say that we all have ONE thing in common; we treasure the refuge, and feel satisfaction for a job well done!!

Together we are making great things happen!!

Volunteers donated a stunning 5,607 hours last year to programs and projects at the Heinz Refuge. This equates to a total of \$113,541.75 in savings for the Fish & Wildlife Service. This figure further represents the equivalent cost of hiring 2 full time entry level employees, or 20 internships.

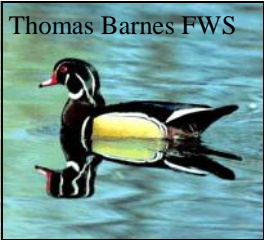




Manager's Corner

By Gary Stolz

With fall foliage now in the past, winter waterfowl shows are again visiting John Heinz National Wildlife Refuge. Rafts of green-winged teal and ruddy ducks have already joined the many mallards, black ducks and wood ducks across the 145 acre fresh water impoundment along with pintails, shovelers, ring-necks and even bufflehead already reported this season. Be sure to watch the skies as well as both adult



bald eagles have been seen since late October frequently flying over last year's nest site and perched along the

power poles adjacent to the refuge. If all goes well, they should back full time on their territory by the end of the year and of course we all hope to see our second brood of refuge eaglets raised this spring.

Welcome to new employees

It is my pleasure this issue to welcome our three new refuge employees who recently joined our Heinz team including: **Mariana Bergerson** as Visitor Services Park Ranger, **Derik Pinsonneault** as our new Law Enforcement Ranger and **Lori Weingartner** as our new STEP Biological Science Technician. We're excited to bring this talented group of folks to the refuge with their positive, can to enthusiasm to help expand our important conservation programs. Read more about the "new folks on the block" with their

individual introductions and photos in this issue.... And even better, stop by with a welcoming hello to each of our new refuge staff.

Comprehensive Plan Update

Progress is well under way with our refuge Comprehensive Conservation Plan (CCP), a 15 year long range management plan now being done on each of America's 550 national wildlife refuges under direction of the Refuge Improvement Act. We hope to have the draft out this spring and the final document completed by the end of 2011. You can follow along though the Northeast regional refuge planning page as linked to from our refuge web page, or pick up a CCP flyer in the visitor center.

Major Construction Projects

For an update on major construction projects now well on the way, the dike road trail has been rebuilt after the fall floods that eroded away large sections with some 70 trucks of fill material donated to the refuge for repairs; the visitor center water damage repairs have been completed, and the new 40' X 68' outdoor classroom pavilion has been ordered and should soon be arriving.



Contracts have now been awarded for building the new wheelchair access fishing pier, the visitor center entrance archway, three electronic security gates (for Lindbergh Boulevard, maintenance shop and

dike road) and another to provide major upgrades for both the geothermal and solar power systems in the visitor center building.

On-Going Partnership Building

Through a new partnership with the **Delaware Valley Ornithological Club** (DVOC) and the **Philadelphia Zoo** we are developing a new "bird safe" window glass demonstration area in the visitor center. Congratulations also to the **Friends of Heinz Refuge (FOHR)** who, along with kindergarten students from nearby **Longstreth Elementary School**, will be developing a new pollinator garden demonstration area under a grant from the National Fish and Wildlife Foundation.

In partnership with more than 3 dozen conservation agencies and organizations on this year's Cradle of Birding Wildlife Festival on September 18th brought 1,300 guests to the refuge for conservation programs. Just a week later, through another exciting new partnership with **Big Brothers Big Sisters**, 881 folks joined us on **National Public Lands Day** for a conservation field day of nature crafts, nature hikes and tree planting while 50 more college fraternity students worked on invasive species removal that day at the marsh restoration site.

Winter special events are now being planned for a **Winter Bird Count for Kids** on January 8th and **Groundhog Day Winter Festival** on January 29th. Remember to bring your friends and families on out to enjoy the Refuge's many free programs offered every weekend and discover new ways to connect back with nature on your National Wildlife Refuge System.... where wildlife comes naturally.

Meet and Greet New Refuge Staff

Lori Weingartner

Botanist



National Park Service and Fish and Wildlife Service.

Prior to working in the federal service as a botanist I was

working on a PhD in botany studying the impact of human activities on plant evolution, a topic which has always fascinated me. Part of my research involved ethnobotany, which studies the human use of plants, a topic I hope to explore here

I recently relocated to Philadelphia from the Mojave Desert in California where I worked as a botanist at Joshua Tree National Park. I have been working in invasive mapping, invasive removal and restoration ecology for several years for both the

at John Heinz National Wildlife Refuge when I am not busy mapping and eradicating invasive species!

I am putting together training for volunteers interested in helping with the eradication of invasive plant species on the refuge and restoration to native species.

If you are interested in participating in restoration of the refuge to native vegetation please contact me at Lori_Weingartner@fws.gov.

Derik Pinsonneault

Law Enforcement Officer



Department of Conservation and Recreation in Cape Charles, VA.

In 2003, I moved to Philadelphia and

worked as a Law Enforcement Park Ranger with the National Park Service at Independence National Historical Park. In 2008, I accepted a position with Customs and Border Protection, Office of Air and Marine as a Marine Interdiction Agent in Rochester, NY. I was assigned to the boat unit, and was responsible

I am originally from Pittsfield, Massachusetts and graduated from UMass Lowell with a B.S. in Criminal Justice in 1995. After college I worked as a seasonal Park Ranger in various places including; Pittsfield, MA, Island Pond, VT, and Golden, CO. I also worked as a full time Conservation Officer for the Virginia

for interdicting persons or contraband illegally entering into the US through the US/Canadian Border on Lake Ontario.

Wanting to get back into the natural resource field, and also to get back to the Philadelphia area, I accepted the position of Refuge Officer at John Heinz Wildlife Refuge in September 2010.

I am happy to not only be back in Philadelphia, but to also be working at a very unique and undiscovered part of Philadelphia.

Mariana Bergerson

Visitor Services Specialist



sity. As a M.S. graduate fellow and later as the Program Manager, Mariana collaborated with

the Wagner Free Institute of Science, a local natural history museum, to develop and implement a hands-on, place-based science curriculum to youth in the Philadelphia School District.

After graduating from SJU, Mariana also worked as a Conservation Associate for the National Park Service at Lava Beds National Monument in northern California. While working in California, she led the develop-

Mariana grew up in Philadelphia, and graduated from Ursinus College with a B.S. in Biology and Environmental Studies. While in school, she completed internships in the science education departments of the Philadelphia Zoo and Franklin Institute Science Museum.

She continued her work in science and education during a National Science Foundation GK-12 graduate fellowship at Saint Joseph's Univer-

ment of the Wilderness Stewardship Plan, conducted various wildlife studies, and worked as a wildland firefighter. In 2009, she began working for the US Fish and Wildlife Service as the Visitor Services Manager at Willapa NWR, located on the southwest coast of Washington.

Mariana is very excited to return to the Philadelphia area, and to have the opportunity work with the refuge staff and the Friends of John Heinz National Wildlife Refuge at Tinicum, the surrounding communities, and the many visitors to this wonderful National Wildlife Refuge.

Winter Nature Programs

December Bird Walks

4	Ducks Like It Cold	Lynn Roman	9am
5	Pre-winter Birds	Gregg Gorton	9am
11	Birds, Trees, and Flowers	Tom Reeves	9am
12	Snowy Birds	Edie Parnum	9am
18	Almost Winter Birds	Cliff Hence	9am
19	Holiday Birds	Debbie Beer	9am
25	Merry Christmas – Buildings closed for holiday, grounds open		

January Bird Walks

1	Happy New Year – Buildings closed for holiday, grounds open		
2	New Year's Birds	Denis Brennan	9am
8	Birds, Trees, and Flowers	Tom Reeves	9am
8	Kid's Winter Bird Count	Details –see page 16	8:30-1pm
9	Snow Birds	Robert Confer	9am
15	Winter Birds	Cliff Hence	9am
17	MLK Day – Buildings closed for holiday, grounds open		
22	Cold Ducks and Other Friends	Lynn Roman	9am
23	Birds on Ice	Gregg Gorton	9am
29	Winter Waterfowl	Debbie Beer	9am
29	Groundhog Day Winter Festival	Details—see page 9	9am-1pm

February Bird Walks

5	Chilly Birds	Debbie Beer	9am
6	Tinicum's Winter Birds	Edie Parnum	9am
12	Mid-Winter Birds	Cliff Hence	9am
21	Presidents' Day – Buildings closed for holiday, grounds open		
26	Any Early Birds?	Lynn Roman	9am
27	Birding by Ear	Gregg Gorton	9am



Bird Walks last 2—3 hours. They are suitable for all level of birders. They are weather dependent, and begin at the Visitor Center unless otherwise noted. Binoculars are available for loan at the visitor center front desk.

Holiday Closings

The refuge buildings will be closed on: 12/25, 1/1, 1/17, and 2/21.

In severe weather, buildings will match Philly School System closures.

*The grounds are open from sunrise to sunset every day.



Winter Nature Programs

TRAIL TAMERS

12/11	9am	Join Hank Hox and the maintenance
1/8	9am	volunteers for a good workout!
2/12	9am	Meet in the visitor center.

NATURE STORY TIME

12/18	Hibernation	1pm	Enjoy story time with staff. Program
1/15	Snow	1pm	is best for children 4 to 7. Meet in
2/19	Adaptations	1pm	the visitor center.

FAMILY NATURE WALKS

12/12	Hibernation	2pm	Join the staff for a short program and
1/9	Snow	2pm	hike (weather permitting.) Program
2/13	Adaptations	2pm	is suitable for children 8 to 14. Meet
			in the visitor center.

GUIDED PLANT WALKS

12/4	Dick Cloud	130pm	Join Dick Cloud for a winter walk
1/8	Dick Cloud	130pm	looking for plants in their winter
			forms. Meet in the visitor center.

NATURE WALKS

12/19	Holiday De-stresser Walk	1pm	
1/2	New Year's Resolution Walk	1pm	
2/28	Winter Walk	1pm	* Meet at Rt. 420 gravel lot*

Join Suzanne Kelley for a winter wonderful walk. Walk will be about 1 hour with hot chocolate in the visitor



3" or more of snow?

Call 215 365-3118 and ask for Suzanne.

We'll see if we can set up a snowshoe or cross-country ski tour of the refuge!

Mark Your Calendar



**Beat the Mid-Winter
Blahs!**

**Join the Fun and Games
At Our
Second Annual
Groundhog Day Festival**

**Saturday, January 29th
9am till 1 pm**

**Discover our Groundhog
Family, "Tinicum Tim",
his wife, "Tinicum Tina",
and their kids, "The
Tinicum Twins"!**

**Discover the Lenape
Enjoy Day Long Crafts
Meet Zoo Animals
Sing and Dance to Live
Music**

**Engage in Groundhog
Games
Enjoy Lite Refreshments**

**Will Tim See His Shadow?
Find out for yourself!!**

The Photographic World of the Heinz Refuge's Bill Moses



This Marsh Wren is quite busy working on her nest.



A Great Horned Owl perched high in a pine, is a sight to behold.



Catch the delicate beauty of the American Goldfinch as he dines on the seeds of a thistle.



This colorful Bullfrog has just emerged through spangles of Duckweed sparkling in the sunlight on the water's surface.

Bill Moses began photographing wildlife in 1986. As a child growing up in Altoona Pa, he spent a lot of time walking in the woods. His mother sparked his interest in birds when she pointed out a Cerulean Warbler on their window sill. After the family moved to Philadelphia, and another cerulean warbler visited his window sill, he began to wonder how they seemed to appear like magic in the spring. Bill learned the answer to this question and much more through photography. He has been visiting Heinz for at least two decades. *We sincerely hope that you enjoy seeing nature at Heinz through Bill's camera lens.*



This Warbling Vireo has paused for a moment, waiting to burst into song.



This lovely Baltimore Oriole poses jauntily against a sun washed backdrop of tree leaves.



This Great Egret was caught in the act of feeding on one of the many catfish in the refuge impoundment.

Please Join Us in Congratulating Our 2010 Photo Contest Winners!!!

The 2010 Refuge Photo Contest is now history with awards having been presented during this year's "Cradle of Birding" Festival. Sponsored by the FOHR photo group, a great wealth of images were submitted, with awards going to folks from throughout the region. As you can see from the quality of the photographs submitted by our contest winners (pictured below), judging this year's contest was not an easy job!

First Place Winners



Adult—Kay Meng
Halloween Pennant
Dragonfly



Teen—Patrick Reilly
Baby Red Fox



Child—Lucas Purcell
Fragile, Baby Robin

Second Place Winners



Adult—Thomas Bollinger
The Family, a Thrush Nest



Teen
Deidre Monte
Swallowtail



Child—Brooke Di Pietro
Duck Love—Mallards

Third Place Winners



Adult—Diane Rottler
Sunlight on Pinnacle



Teen—Adam Toy
Sunset



Child—Jalen R. Century
The Islands

The Photo Group meets at 10AM on the 3rd Sunday of January, April, July and October and all interested photographers are invited to sit in on a meeting. It is a service based group under the umbrella of FOHR. Members must maintain an active membership with FOHR.

All winners can be
seen on both the
FWS and FOHR
websites, as well as
on the **FOHR Face-**
book page.

Photo Group Happenings

We welcomed several new members at our last meeting. We have set up some exciting plans for our immediate future, including setting up special workshops and programs for the public, and working with FWS staff to have a summer photo camp for kids as we did in 2009. **Stay tuned for more info on future programs in next issue of Marsh Musings.**

"Big Sit" Success!!

A Fitting Way to Begin National Wildlife Refuge Week

As Told By Bird Walk Leader

Debbie Beer



The Heinz Refuge BIG SIT on October 10, 2010 was a huge success, thanks to wonderful people, gorgeous weather, and great birds! The "BIG SITTAS" from the Heinz refuge were excited to participate in this annual event, where teams of dedicated birders try to identify as many bird species as possible in 24-hours, from one 17-foot diameter circle. This fun, non-competitive event provides great opportunities to meet new friends, learn about birds, and enjoy some laughs - especially after about 3pm, when the jokes get really silly coming from people suffering from sleep deprivation and squinting through binoculars for hours on end!

Adrian Binns and I arrived before dawn to set-up at the Observation Platform. At about 6:20 AM,

Photo By Debbie Beer



while unloading scopes, cooler, checklist and field guides in the dark, we logged the first bird - a Great-Horned Owl hooting in the distance. It continued to call for

about a half-hour, at one point quite close by! Soon after a lone Greater Yellowlegs was heard in the pre-dawn darkness.

Over a hundred enthusiastic "BIG SITTAS," from beginning to experienced, participated during the course of a beautiful day. People stopped by nearly continuously, to ask questions and share in our joy of observing birds. Such dedicated efforts enabled us to find a great number of species. Ned L. spied the lone Barn Swallow amid hundreds of Tree and Rough-winged Swallows perched nearby. Marty found the Brown Thrasher hiding in the grasses down the road. Hiroshi spotted several warblers and the only Cedar Waxwing of the day. Adrian picked out the call note of a flyby Solitary Sandpiper. I spotted a pair of Savannah Sparrows perched high in the trees.

The day's highlights included an excellent showing of warblers - Black-throated Blue, Black-throated Green, Northern Parula, Blackpoll, and Palm along with the ubiquitous Yellow-rumps. A Red-breasted Nuthatch hung around a long time, but no White-breasted, giving us only one *sitta* species for the day (genus name for nuthatches). We saw 7 species of ducks, including Blue-winged Teal, Northern Shoveler, Northern Pintail, Gadwall and numerous Wood Ducks.

Raptors were impressive, with Sharp-shinned and Cooper's Hawks, Red-shouldered Hawks, and American Kestrel. Jeff saw the mid-afternoon Merlin coming in close to the platform. Nathaniel, a keen birder at just 14 years old, spotted our first Red-tailed Hawk of the day from a long distance away, watching it circle slowly over our heads. Bald Eagle sightings were numerous, and always awed the crowd of enthusiastic onlookers.

Bird #64 was an Osprey soaring over the impoundment at

**Photo By
Ron Holmes**



1:23pm, topping the 2007 Heinz Refuge Big Sit list of 63. The best bird of the day was a pair of Common Nighthawks, seen hawking insects over the impoundment at day-break.

Denis, Lynn and Ned C. tried without luck to find a Green Heron. Surely there were a few on the refuge, but we just couldn't see them from our location. But they did hear our second-to-last species, a calling Killdeer at 5:40 pm. Our last species, number 73, was a group of eight Lesser Yellowlegs, who flew over our heads while we were packing up at 6:25pm. ***Thanks to everyone who joined us & helped make this BIG SIT truly a group effort! Look for details on next year's BIG SITTAS BIG SIT in October 2011!***

"Waterfowl Weekend"

A Grand Finale For National Wildlife Refuge Week

By Bill Buchanan

Delaware Valley Decoy Carvers and Collectors club Exhibits & Demonstrates Their Wares

On Saturday and Sunday, October 16th and 17th, "**Waterfowl Weekend**" was held for the third year to top off the Heinz Refuge's celebration of National Wildlife Refuge Week. As planned, this event highlighted the Junior Duck Stamp Program and fascinating work produced by area decoy carvers.

Members of the Delaware Valley Decoy Carvers and Collectors Club brought in a wonderful array of decoys and ornamental bird carvings. Three club members also demonstrated their work; carving decoys while delighted visitors looked on and asked questions. Club members also brought along several books highlighting the work of masters in the carving world; many from the Mid-Atlantic and Delmarva region including some of their members.

Junior Duck Stamp Winners Feted at Waterfowl Weekend

Representatives of the 2010 Pennsylvania Junior Duck Stamp competition were on hand, including the three 1st place winners in the Group IV category. The program is broken into 4 grade categories: Group I: K-3; Group II: 4-6; Group III: 7-9; Group IV: 10-12. All three students had attended Lebanon County Career and Technical Center. The talented trio were Lindsay Lutz, Travis Garri-

son, and Ciara Davis. Ciara's artwork was also selected as the "Best of Show" for the entire state. She went on, as all state top winners do, to the national competition. She placed 2nd in the entire country for her beautiful acrylic rendition of a pair of hooded mergansers titled, "A Foggy Day". Ciara is now attending Kutztown University majoring in communication design. Lindsay Lutz is enrolled at Kaplan Career Institute to obtain an associate's degree in digital art. Travis Garrison is studying at Berks Institute. All three are targeting careers in graphic design.

Some younger contest students were also on hand; Neil Sowers, a 7th grade student at St. Jude Elementary School in Mountaintop, PA and Ben Rachilla, a 5th grader at Wilkes Barre Academy (1st and 2nd place winner in Group II) respectively.

Students brought along their portfolios and answered questions from visitors about their experiences in the program as proud family members looked on. Most had never been here before and after hiking out on the refuge they were amazed that such a place could exist in such an urbanized area. All in attendance were treated to a buffet luncheon both days.

The event was sponsored by FOHR and USFWS. Bill Buchanan was event coordinator.



Carver, Tom Bazis, teaches Emma Dutton of Berwyn some etching.

The Junior Duck Stamp program is an arts-based education program. Many of the program's exercises encourage students to interpret the natural world through artistic expression. Judging for the Pennsylvania program takes place at the Heinz Refuge with Refuge Manager, Gary Stolz, serving as the state coordinator. For more information on the Junior Duck Stamp program visit: www.fws.gov/juniorduck.



Shovelers, beautifully rendered by second place winner, Lindsay Lutz.

Getting Healthy, Getting Outside! With "Nature Champions"

Co-authored by FWS, Jen Lapis and Erika Scarborough

U.S. Fish and Wildlife Service employees and pediatric health care providers from around the country converged at the end of September at the National Conservation Training Center in West Virginia to become "nature champions" for children in a unique program aimed at confronting health problems associated with increasingly sedentary lifestyles.

According to Leyla Erk McCurdy, senior director of NEEF's Health and Environment Program,



Getting Outside and Loving It.

Photo By Hank Hox

"Unstructured outdoor activity may improve children's health by increasing physical activity, reducing stress and serving as a support mechanism for attention disorders." The program addresses two important issues – preventing serious health conditions like obesity and diabetes and reconnecting children to nature.

After attending the conference, each new "nature champion" will be prepared to train 30 peers in prescribing outdoor activities for health. The program is scheduled to educate more than 700 health care providers in the Northeast within two years. They, in turn, will reach hundreds of thousands of children

and their families.

Environmental Education Specialist Erika Scarborough, Dr. Vivienne Clarke, and therapist Lundén Abelson attended this conference on behalf of the Heinz Refuge. The workshops centered on the mental and physical health benefits of children spending time outside and away from televisions and computers.

During the workshop, refuge staff and the partnering Nature Champion health professionals discussed current and potential programming that would provide outside activities to children and families. As part of the program, the Nature Champions were given "prescription pads", health assessments, and brochures about the program. These materials will be used by the health professionals during their daily work to encourage children and their families to spend more time outside. Refuge staffers were given items to use as incentives to program participants as well.

The Nature Champions program at the refuge is in its beginning stages and more information is to follow...stay tuned!



Ahhh! The Joys of Fishing!!

Photo By Frank Doyle

Saturday Ecology Academy Returns

By Erika Scarborough

Many of you might remember one facet of the partnership between the refuge's EE program and Widener University is the Saturday Ecology Academy or SEA. SEA brings together teen girls from the city of Chester with Masters level teachers in the Science Methods class from Widener University.

The student teachers are given the basics of Inquiry Based learning from Dr. Nadine McHenry and are provided environmental education resources from the refuge. Each year, EE Specialist Erika Scarborough trains the teachers in Project Learning Tree, Project WILD, and Project WET.

In addition, the student teachers were given copies of the REED Team lesson packets that are located on the refuge website. These packets were used as the foundation for the three unit strands chosen this year: People's Interaction with the Environment, Birds, and Five Habitats.

Student teachers are charged with coming up with lessons that utilize Inquiry Based learning strategies with EE content. These lessons are then delivered to teenaged girls from the city of Chester over a four week period. During the program, the teams begin to put together presentations. Families are invited to the refuge during the fifth and final week of the program. While the teams are putting the final touches on their presentations, refuge staffer Erika Scarborough will take parents on a tour of the refuge

More On Horizon Oil Spill in the Gulf

FOHR's Little Bit to Help Out

Excerpts from a letter Written By Fish & Wildlife Service Acting Director, Greg Siekaniec

For the past few months, the U.S. Fish and Wildlife Service staff and many of our partners have joined together in an unprecedented response to the Deepwater Horizon oil spill. Because of your hard work, future generations will be able to enjoy the same resources we are so passionate about.

Our work is not finished, however, and help is still essential. About 150 Service personnel are currently deployed to the Gulf, and we anticipate our response - and our staffing needs - will continue for quite some time. We have however, reached the trigger points identified in transition plans, which are designed to move us from response to restoration, and the states are now assuming the lead for wildlife recovery.

As clean-up operations on public lands has increased, the FWS and the National Park Service have merged, providing the oversight needed to ensure that operations are conducted in ways to minimize effects to these invaluable Gulf Coast wetlands. Although we are working on early restoration to start the recovery of the ecosystem, efforts will be ongoing for years.

We are in this for the long haul, and we are proud to be playing a key role in restoring one of the most incredible ecosystems on the planet. Thank you for everything you have done so far, and for everything you will do for the resource in the times ahead.



L to R. Volunteers Jean Diehl, Al Kunz, Ken Kunz, Hank Hox, and Jason Trenchard lined up and waiting to greet walkers at our Gulf Coast Fund-Raiser. "Walk For Wildlife"

Photo by Debbie Beer

Sun shining, breezes sighing through the trees, birds calling, and friends to share it all with! That was the setting for FOHR's Walk For Wildlife; a fund-raising event held to kick-off National Wildlife Refuge Week on Sunday, October 10th.

Symbolically joining hands with several other Friends Groups around the nation, FOHR was raising funds to support those friends groups on the refuges dotted along the Gulf Coast, which had been badly impacted by the Horizon oil spill.

Walkers came from all walks of life, and included many students from nearby Hilltop Elementary School in the Chichester School District.

Several of FOHR's guided walk leaders were on hand to show newcomers to the refuge, the amazing sights to be found here. Many of

the "Walkers" ended up on the observation platform and joined forces (albeit for only a short time) with the BIG SIT volunteers who were spending the day there.

Commemorative tee shirts were distributed to each walker, and light refreshments were served afterwards. The event culminated with a raffle for each of three donated prizes.

Over \$600.00 was raised and forwarded to the National Fish & Wildlife Foundation to be distributed as needed to friends groups on the affected gulf coast refuges.

A special thanks to our Walk For Wildlife sponsors:

Chester Pike Rotary

Donated funds to help cover the cost of printing our commemorative tee-shirts, designed for the occasion.

Adrian Binns of Wildside Nature Tours

Donated a beautiful pair of high powered Nikon binoculars for an associated raffle.

AMPRO

Donated the set up costs for printing, and helped with the design of our commemorative tee shirts.

Tinicum Treasure Tales

As Told By Our Store Manager,

Annemarie Rapp



New item at “Tinicum Treasures! Just in time for Christmas for the bird lover on your list.



The IdentiFlyer ULTRA uses advanced digital technology to help birders and nature lovers identify 120 birds and 10 frogs by their songs and colors. Have fun by learning bird songs at home or take it along on bird walks to identify birds in the wild. It's like having the IdentiFlyer and 13 SongCards. You can select birds in 4 Regions of North America: Northeast, South, Central, and Western, within the regions, birds are organized by habitat like the SongCards. You can also select birds alphabetically, by Color or Habitat. Brightness and contrast control. Includes a belt clip and Wrist strap and uses 2 AA Batteries which are included.

While you're in the shop be

sure to check out our new limited edition sweatshirts with a design created by our own Maintenance Supervisor Mike McMenamin's lovely wife Ali McMenamin. We also have new John Heinz logo sweats in either “chocolate” or “charcoal” or you can choose our “soaring eagle” sweat.



Coming Soon—Back by Popular Demand !!

Our ever popular—one-of-a-kind TR Bear will soon be making his second debut at “Tinicum Treasures”. This cute little bear is de-

Buy your new nature books *ON-LINE*

That's right! We have formed a limited partnership with “Diane Publishing Company”. If you don't see what you want in our gift shop, you can go online to www.dianepublishing.net and click on the John Heinz Wildlife Refuge link on the left side of the page. When you order a book from Diane Publishing Company through this link, FOHR receives a percentage of the proceeds from your purchase. Diane Publishing has a large selection of books to choose from in many categories.

signed to resemble President Teddy Roosevelt, who was instrumental in the origins of the National Wildlife Refuge System. For more info, on his arrival, please call 215-365-3118.



Current members of FOHR get 10% off of their purchases (there are some exclusions) and profits from sales are targeted for Refuge projects.

New store volunteers are always welcome. Anyone interested should contact Annemarie & Stan Rapp (610) 485-7378, or leave your contact information at the reception desk in the Cusano Environmental Education Center.



The public can go to front desk of the Cusano Environmental Education and Visitor Center at the John Heinz National Wildlife Refuge at Tinicum and borrow rods, reels and a tackle box full of hooks and other terminal tackle. This equipment is borrowed in much the same way books are borrowed from a library. The Visitor Center hours are from 8:30am to 4:00pm. Other tackle loan sites can be found on the PA Fish and Boat Commission's web site at: <http://www.fish.state.pa.us/loaner.htm>

This program is a partnership between the Pennsylvania Fish and Boat Commission, the American Sportfishing Association, and the John Heinz National Wildlife Refuge at Tinicum. The program is designed to make it easy for anyone to access fishing tackle. It's hoped that those making the loans will enjoy fishing so much they are hooked for life. This equipment may also be loaned to groups conducting angler education programs in the community.

Report Violations



U.S. Fish and Wildlife Service

John Heinz N.W.R. at Tinicum

(215) 365-3118

Pennsylvania Game Commission

SE Region Law Enforcement

(610) 926-3136

Pennsylvania Fish and Boat Commission

SE Region Law Enforcement

(717) 626-0228

EMERGENCY 911

Join or Renew your Friends of the Heinz Refuge Membership

This is a (please check) ☐ new ☐ renewal ☐ gift membership.

I am joining FOHR Tinicum at the following membership level:

☐ \$10 Duckling (Student/Senior)

☐ \$15 Heron (Individual)

☐ \$25 Monarch (Family)

☐ \$50 Red-bellied Turtle (Group)

☐ \$100+ Red Fox (Sustaining)

☐ \$ _____ Donation

Name _____

Address _____

City, State, Zip _____

Phone _____

☐ I want a paper Marsh Musings Mailed

☐ **Save the paper, send an email saying
when the Marsh Musings is on the web**

Email _____

Make checks payable to FOHR Tinicum and mail to FOHR, PO Box 333, Folcroft PA, 19032-0333, or bring to the refuge next time you visit.

Membership supports conservation of the largest fresh water tidal marsh in Pennsylvania and entitles you to attend member only events and a 10% discount at gift shops operated by Friends of National Wildlife Refuges in the Mid Atlantic. If you give us your email address, we will email you (no more than monthly) with reminders of upcoming events and when the newsletter is posted to our website. We do not share your information with any other organizations.



Friends of the Heinz Wildlife Refuge at Tinicum

PO Box 333

Folcroft, PA 19032-0333

Return Service Requested

**Non Profit Org
U.S. Postage
Paid**

Permit 335



WINTER BIRD COUNT FOR KIDS

Saturday, January 8, 2011 - 8:30 AM to 1:00 PM.

For children ages 8-16, all levels of birding skills, from beginner to advanced.

Meet at the refuge Visitor's Center for a welcome and orientation.

Experienced birders will lead groups of children to discover and count wintering birds species;

After their walk groups will enjoy a lunch and opportunity to share observations;

The Kids Winter Bird Count program will conclude with special guests!

Dress very warmly, and bring binoculars and field guide if you have them (optics will be available to borrow). Reservations are strongly encouraged, particularly for school groups, birding clubs or scouts.



This event is free. Please register on website: www.fledgingbirders.org/events.html.

Contact: Dave Magpiong, dayvm@aol.com, 856-905-1232

or Debbie Beer debbeer@hotmail.com, 610-955-4098



Sponsored by the Friends of Heinz Refuge and the Fledging Birders Institute in NJ. We welcome youth participants from all around the Delaware Valley and south Jersey region.